

UM Baltimore Washington Medical Center

Calendar of Events

January 2020

Tuesday, January 7

- **Smoking Cessation** – Meets from 7 to 8:30 p.m. A seven-week class for those wanting to quit smoking (Radiology Conference Room, Lower Level, 301 Hospital Drive). Class size is limited to 14 and participants will be registered on a first come, first serve basis. Session ends on Tuesday, February 25. To register call 410-553-8103.

Wednesday, January 8

- **Cancer Survivorship Support Group** – Meets from 5:00 to 6:30 p.m. This free, self-care skills class and group discussion offers information and support for cancer patients and survivors. In addition to networking and peer support, the group will discuss timely topics related to treatment and care. For any type of cancer. No registration needed. For more information, call 410-553-8179. (Tate Cancer Center, First Floor Conference Room, 305 Hospital Drive).
- **Stork's Nest** – Meets from 5:30 to 7:30 p.m. Incentivized prenatal education classes for expectant mothers living in Anne Arundel County. Class topics include the importance of prenatal care, what to expect during labor and delivery, breastfeeding, basic infant care, and safe sleep. Registration is required by calling 410-787-4366. Four week session. (301 Hospital Drive, 3 South Classroom).
- **Bariatric and Surgical Weight Loss Management Seminar** – Offered by the University of Maryland Center for Weight Management and Wellness from 6:00 to 8:00 p.m. offers a free surgical weight loss management seminar. Registration is required by calling 1-800-492-5538. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).
- **Opioid Overdose Response Program** – Meets from 6:00 to 7:00 p.m. Free classes help the community learn the signs and symptoms of an opiate overdose along with how to safely administer naloxone (Narcan), the FDA-approved emergency treatment nasal spray. Pre-registration is required as space is limited. For more information or to register, call 410-787-4490. **Also meets Saturday, January 25 from 10:00 a.m. to 11:00 a.m.** (BW Health Services, 7556 Teague Road, Suite 440, Hanover, MD 21076).
- **Mental Health Support Group** – Meets from 6:30 to 8:00 p.m. Community members and families discuss helpful information on psychiatric issues. No registration needed. For more information, call 410-553-8070. (Room A of the Partial Hospitalization Program (PHP), 301 Hospital Drive, second floor).

Thursday, January 9

- **Preventing Diabetes Class** – From 1:30 to 2:30 p.m. A diabetes educator discusses factors leading to diabetes and lifestyle changes to prevent diabetes and improve overall health. To register for this free class or for more information, call 410-787-4940. (Center for Diabetes and Endocrinology at UM BWMC, 300 Hospital Drive, Suite 223).

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Monday, January 13

- **Therapeutic Yoga for Pain Relief** – Meets from 11:00 a.m. to 12:30 p.m. Class is for anyone with conditions such as fibromyalgia, back and other joint pain, osteoarthritis, rheumatoid arthritis and headaches. (Executive Center, 300 Hospital Drive, Suite 128). Reservations are required. Nine week session costs \$108. Session ends March 9. For more information, call 410-553-8103.

Tuesday, January 15

- **Yoga for Stroke Patients** – Meets from 10:00 to 11:30 a.m. An eight-week class for stroke survivors (Executive Center, 300 Hospital Drive, Suite 128). The cost is \$48 and is due at the time of registration. Session ends March 5. For more information and to register online, visit mybwmc.org/exercise or call 410-553-8103.
- **Therapeutic Yoga for Pain Relief** – Meets from 11:45 a.m. to 1:15 p.m. Class is for anyone with conditions such as fibromyalgia, back and other joint pain, osteoarthritis, rheumatoid arthritis and headaches. (Executive Center, 300 Hospital Drive, Suite 128). Reservations are required. Nine week session costs \$108. Session ends March 9. For more information, call 410-553-8103.

Wednesday, January 15

- **Diabetes Support Group** – Meets from 5:30 to 6:30 p.m. to discuss current issues regarding diabetes management (Center for Diabetes and Endocrinology at UM BWMC, 300 Hospital Drive, Suite 223). Reservations are not requested. For more information, call 410-787-4940.

Tuesday, January 21

- **Parkinson's Support Group** – meets from 6:30 to 7:30 p.m. Open to patients with Parkinson's disease, their caregivers, family members, friends and anyone interested in learning more about the disease. Discussions include managing symptoms, maintaining an active and high quality life, and sharing experiences and support. Pre-registration is not required. Please call 410-787-4433. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).

Sunday, January 26

- **Safe Sitter** – Meets from 10:00 a.m. to 4:30 p.m. This program helps preteens ages 11 to 13 gain confidence with babysitting skills and abilities in caring for young children in emergency and non-emergency situations. Participants will learn about child care essentials, choking child/infant rescue, preventing problem behavior, introduction to first aid and injury management. For more information, call 410-553-8103. (301 Hospital Drive, third floor, 3 South Classroom).

For more information, contact the Community Outreach Department at 410-553-8103 or visit the medical center's web site at umbwmc.org.